



TEAM FOUR
FOOD SERVICE



Whole Grain Spaghetti with Blistered Grape Tomatoes and Baby Arugula

Yield: 10 servings

Ingredients:

1 Box, Barilla Whole Grain Spaghetti
4 Tbsp, Extra virgin olive oil
2 Clove, Garlic, pressed
4Cups, baby arugula
1 Pint, Multi color Cherry Tomatoes, whole
½ Cup, Parmigiano Cheese, shredded
½ cup, fresh dill
Black pepper to taste

Directions:

1. Bring a large pot of water to a boil. Meanwhile in a large skillet sauté the pressed garlic and pepper with olive oil for 1-2 minutes or until slightly yellow in color.
2. Add the cherry tomatoes and let them blister, about 2-3 minutes, remove the garlic cloves. Season the sauce pepper then set aside.
3. Cook the pasta according to the directions, drain the pasta 1 minute less than required cooking time, but save ½ cup of the cooking water.
4. Add the water and pasta to your sauce and bring to a simmer, cook for 1 minute.
5. Remove the skillet from the heat and fold in half the cheese and all the arugula and dill. Finally before serving top with remaining cheese.

Recipe and photo courtesy of Barilla